

week 29:	we are what we eat!
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Eating the correct food will help us to grow up strong and healthy. Let's grow our own food What do we need for the seeds to grow?

Games:

1. **Relay:** Planting Seeds

In Sixes, the Cubs need to line up and, one at a time, run to the seeds, pick up just one seed, 'plant' it in the tray, run back to their Six and the next Cub goes. Each seed needs to be in a separate 'hole' - once all the holes are full, the Six needs to sit quietly.

2. **Team:** Wheelbarrow Race

The Cubs line up in order of their size - tallest to shortest. Team them up into pairs. Cub one and two are the wheelbarrow (1) and the pusher (2). The pusher holds the wheelbarrow around the ankles and the wheelbarrow will move along using their hands. They need to get to a designated spot and back again – then the pair needs to swap over and do the race again. The first pair back after each Cub has had a turn to be the wheelbarrow, wins.

3. **Circle:** Chase the Goggas!

The Pack stands in a circle. They are spaced well apart and bend over. Two Cubs are outside the circle, one chasing the other. When the chased Cub is tired they leap over the back of another Cub into the circle. That Cub then becomes the chased. It may be necessary to set a time limit for the chasing ...

4. **Quiet:** Advertisements

Games Module: page 20. Use adverts for healthy foods.

5. **Wide:** Grow that seed!

Before the game starts have the following cards prepared – one of each colour for each Six and hidden/scattered around a designated area:

White	represents air
Red	represents warmth
Blue	represents water
Brown	represents soil
Yellow	represents light

Give each Six a plant pot of sorts (can be any container). After explaining what each colour represents, the Cubs go outside in their Sixes and see if they can find all the ingredients to grow a healthy plant. The first Six with the correct items, wins. If you are going to play this game, do it before going into the activity of actually planting the seeds.

Do you eat lots of healthy foods?

Sense Training:

1. Kim's Game: Taste

Have samples of ten to fifteen different foods – healthy foods. Cubs are blindfolded and the food is passed around. Once done, they should take off the blindfolds and list what they have tasted. **Be careful of allergies!**

2. Kim's Game: Feel

Place different fruits and vegetables in a bag (more than one bag depending on the number of Cubs in the Pack). One by one the Cubs must feel inside the bag and see if they can feel what the different fruits and vegetables are.

All seeds need warmth, water, air, light... and love and care in order to grow ...

Yarn:

Five in a Pod

Five peas lay together in a pod. They were green and the pod was green, and so they thought that the whole world was green, and they were quite right. The pod grew and the peas grew. The sun warmed the pod and the rain made it clear and translucent. As the peas grew bigger they began to wonder why they were lying in a row, and what would happen to them in the end.

"Are we to lie here forever?" they said. "We shall become quite hard if we stay here much longer. There must be something more exciting in store for us."

Weeks passed by. The peas turned yellow, the pod turned yellow. "The whole world has turned yellow!" they declared, and they were quite right.

Suddenly they felt a jerk. The pod was torn from the plant and stuffed into a coat pocket, together with a number of other pods. "Now we shall soon be opened" they whispered. "I am curious to see which of us will do best in the world" said the smallest pea. "Not long to wait now!"

Pop! The pod burst and all five peas rolled out into the bright sunshine. They lay in a little boy's hand, and the little boy thought they looked just right for his pop gun. He loaded the first pea and shot it into the air.

"Here I am on my way to seek my fortune," cried the pea,

"I'm going to fly to the sun," shouted the second pea, as he shot up into the sky.

"We are going to sleep", said the third and the fourth, "just as we fall to the ground". And they fell from the boys hand and rolled away. But the little boy picked them up and loaded them both together. "We are going the furthest after all!" they cried.

"Who knows what will happen to me?" said the fifth, as he sailed through the air.

He landed on the rotting wooden sill of a little attic window, where he lodged in a crack filled with moss and soft brown earth. He lay hidden there for a long time but not forgotten by God.

In the attic room lived a poor woman. She went out each day to earn her living. While she was working, her little daughter stayed at home in the attic. She had been ill for a whole year, hovering between life and death. "Perhaps she wants to join her sister with God," said the poor woman. "But I do want to keep her with me, if God will grant it."

Early one morning the following spring, they noticed a green thing peeping up at the corner of the window pane. Her mother opened the window and looked out. "Well!" she exclaimed. "It is a little pea which has sprouted. How in the world can it have found its way up here? Now you have a little garden to look after." She moved her daughter's bed nearer to the window, so that she could look out at the little pea-plant more easily.

When the poor woman came home from work that evening the daughter said, "Mother I think I am going to get well. The sun has been shining in on me all day, the little pea is happy and is growing bigger and I feel so much better. I shall soon be getting up and going out into the fresh air."

"Yes, of course, dear" said the poor mother, grateful to the little pea for giving her such happy thoughts.

Every day they watched the little pea grow, stretching its tendrils up the window.

"Oh, look!" cried the little girl one day. "It has flowers!"

Indeed it had, and the mother began to hope that her sick child might recover.

The following week the little girl managed to leave her bed for the first time, and she sat happily for a whole hour in the warm sunshine at the open window, tending her tiny garden of a single pea-plant.

The mother smiled happily at the plant, as though it was an angel from heaven. "God must have made it grow here to fill us both with joy and hope," she thought.

What happened to the other four peas? Well, the first one landed in the gutter where it was gobbled up by a pigeon. The two lazy peas, who had wanted only to sleep, fared no better, for they too were swallowed by pigeons. But all three were at least of some use in this way.

The pea who had wanted to fly right to the sun landed in a drain and lay there in soaking in dirty water. Days, weeks and months passed by, and it swelled until it had almost reached bursting point. "No pea could possibly grow bigger than me!" it exclaimed with pride. "I must be the best of the five!" and the drain agreed.

But, up at the attic window the little girl stood with sparkling eyes and with the bloom of health on her cheeks. She cupped her hands tenderly round the delicate pea-blossom and gave thanks to God.

Craft/Activity:

Two activities will be covered here, one for the Cubs doing the Silver Wolf trail and the other for the Gold Wolf trail. As leaders, we need to try and keep 'growing things' as fun and interesting as possible otherwise the seeds will be forgotten and never come back germinated and ready for planting out!

Silver Wolf:

Gardening in a glove: There are a lot of variations of this activity on the web. These instructions are from (<http://fullcirclegardener.blogspot.com>)

You will need plastic gloves (one per Cub), a permanent marker, some cotton wool balls (can be half a ball), water, five different seeds and a plastic bag twist or similar.

Write the names of the seeds on each finger of the glove. Moisten the cotton wool. Place the seeds on the cotton wool. Choose the number of seeds based on the size of the seeds – e.g. you will only need one bean seed whereas for the carrot seeds you may need to sprinkle a few. Slide the seed and cotton wool ball into the correctly labelled finger. Do this for each variety. Gently blow air into the glove and twist to seal in the air. Wrap a plastic bag twist around the end to keep it closed. Place or hang the glove in a warm window and watch what happens. Once the seeds have germinated, you can cut off each fingertip and plant the cotton ball and new seedling in soil.



Other ideas:



- Grow seeds in an old CD case: <http://www.2busybrunettes.com/2012/03/08/its-time-to-spill-the-beans/>
- You can also try a bottle –e.g. empty Robertson spice bottles work well!
- You can also use clear plastic Ziploc bags!

Gold Wolf:

The requirement is to prepare and lay out a vegetable or flower garden. Go through the importance of preparing the ground properly for growing vegetables or flowers. Cover topics such as how to prepare the soil to make sure it will be well drained, watering the plants and preparing the soil. Talk about whether your veggies/flowers need lots of sun or not so much, etc. It may not always be possible for the Cubs to prepare a vegetable or flower garden in their homes due to space constraints or other reasons, so it is very important that they are aware of the best way to ensure they get the most out of the garden. If the Cubs are going to be laying out the garden in a container, ensure that they know that the container must be big enough to accommodate the plant and its root system.

This is a big project for the Cubs to do so place the emphasis on fun and exciting. Here are some websites with a variety of ideas to get the Cubs going:

<http://www.kidspot.com.au/funzone/Build-Grow-your-own-food+7023+566+article.htm>

http://www.nestle.com/asset-library/documents/nutrition_health_wellness/vegetable-gardening-booklet.pdf

There is also a lot of information in the Scouting "Food for Life" booklet which can be obtained from the Scout Shop or online at <http://shop.scouts.org.za>

If you are going to let the Cubs grow the veggies/flowers from seeds, first teach them how to get the seedlings before planting them out into the vegetable or flower beds. Here are some more ideas of containers that the Cubs can use to plant the seeds in:

Toilet rolls:

<http://www.allotments.ie/?p=1574>



Newspaper:

<http://allourdays.com/2012/03/sturdy-recycled-newspaper-pots-tutorial-origami-fold.html>



Self-watering plastic bottles:

<http://www.desperategardener.com/2011/03/creative-containers.html>



Remember to practice at home first!

Singing/Play Acting:

1. Singing: Dorcas

Dorcas ate some marmalade
Dorcas ate some jam
Dorcas ate some bread & cheese
And then a slice of ham
Dorcas drank some lemonade & then some ginger beer
And then Dorcas wondered why Dorcas felt so queer.

Oops came the marmalade & oops came the jam
Oops came the bread and cheese & then the slice of ham
Oops came the lemonade & then the ginger beer
And then Dorcas knew why Dorcas felt so queer.

2. Playacting: What is he eating?"

Equipment: Shopping bag with slips of paper inside with food written down on them. Those food items could be: apple, spaghetti, biltong, soup, mealie and watermelon. Tell the Cubs that they have just been shopping and have bought some healthy and not so healthy food to eat! The Cubs reach into the bag and take out a slip of paper and then they need to act out what they are eating and the rest need to guess what it is and say if it is healthy or not.

Advancement covered:

Silver Wolf:

Growing Things: Grow a seed (pea, bean, mangelwurzel or bulb) in a transparent container. When it is big enough, plant it in soil.

Gold Wolf:

Growing things: Make or lay out a vegetable bed or herb garden OR prepare a seed bed/ container and plant flower seeds.

A nice site for ideas on Healthy Eating:

<http://www.nourishinteractive.com/kids/bumper?next=%2Fnutrition-education-printables%2Fcategory%2F50-kids-home-classroom-group-activities-games&previous=https%3A%2F%2Fwww.google.com%2F>

**NB – NEXT WEEK WE WILL COVER ACID RAIN FOR THE GOLD WOLF TRAIL.
PLEASE ASK YOUR OLDER CUBS TO FIND OUT MORE AND BRING INFORMATION
REGARDING ACID RAIN SO THAT YOU CAN SHOW THEM AN EXPERIMENT AND DISCUSS
WHAT ACID RAIN IS ALL ABOUT WITH THEIR INPUT.**